

Reviewed by: B. Ferguson
Reviewed by: K. Bandy
Date reviewed: Spring 2020
C&GE approved: February 21, 2020
Board approved: March 11, 2020
Semester effective: Spring 2021

Physical Education (PHED) 1649 Beginning Athletic Training (3 Units) CSU: UC
[Formerly Physical Education 49]

Prerequisite: None

Hours and Unit Calculations:

48 hours lecture. 96 Outside-of-class Hours. (144 Total Student Learning Hours.) 3 Units

Catalog Description: An examination of the theories of prevention, care, and rehabilitation of athletic injuries and other sport-related pathological conditions.

Type of Class/Course: Degree Credit

Text: Cartwright, Lorin A., Peer, Kimberly S. *Fundamentals of Athletic Training. 4th Ed.*
Human Kinetics, 2019. (eBook)

Additional Instructional Materials:

1. Internet sports medicine websites
2. Medline
3. Handouts
4. Refereed medical journals
5. Text website and supplemental materials

Course Objectives:

By the end of the course, a successful student will be able to:

1. relate the concept of “The Sports Medicine Team,
2. discuss concepts of physical conditioning and nutritional concerns in an athletic setting,
3. illustrate the body’s response to injury,
4. have a basic knowledge of athletic injury including being able to understand a physician’s diagnosis and put it into lay terms for athlete understanding,
5. provide critical analysis of athletic injury through subjective and objective assessment,

Course Scope and Content:

- Unit I Sports Injury Concepts:
- a. Injury Classification, Recognition, & Epidemiology
 - b. The Athletic Health Care Team
 - c. Sports Injury Prevention
 - d. The Injury Process
 - e. Injury Evaluation

Unit II Upper Extremity:

- a. Injuries to the Shoulder
- b. Injuries to the Arm, Wrist, and Hand

- Unit III Head, Thorax, and Pelvis:
- a. Injuries to the Head, Neck, and Face
 - b. Injuries to the Thorax and Abdomen
 - c. Injuries to the Thoracic through Coccygeal Spine
 - d. Injuries to the Hip and Pelvis

- Unit IV Lower Extremity:
- a. Injuries to the Thigh, Leg, and Knee
 - b. Injuries to the Lower Leg, and Foot

- Unit V Other Considerations:
- a. Thermal Injuries
 - b. Nutritional Considerations
 - c. Exercise Induced Asthma

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 6 hours per week outside of the regular class time doing the following:

- 1. Studying
- 2. Answering questions
- 3. Completing required reading
- 4. Completing written work

Methods of Instruction:

- 1. Lecture
- 2. Class discussion
- 3. Audiovisual presentation
- 4. Hands on participation

Methods of Evaluation:

- 1. Writing assignment
 - a. Written evaluation of published research articles.
 - b. In-Class presentation by students
- 2. Examinations, including
 - a. multiple choice items
 - b. fill in the blank items
 - c. matching items
 - d. true/false items

Supplemental Data:

TOP Code:	083500: Physical Education
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SAM Priority Code:	E: Non-Occupational
Distance Education:	Not Applicable
Funding Agency:	Y: Not Applicable(funds not used)
Program Status:	1: Program Applicable
Noncredit Category:	Y: Not Applicable, Credit Course
Special Class Status:	N: Course is not a special class
Basic Skills Status:	N: Course is not a basic skills course
Prior to College Level:	Y: Not applicable
Cooperative Work Experience:	N: Is not part of a cooperative work experience education program
Eligible for Credit by Exam:	NO
Eligible for Pass/No Pass:	NO
Taft College General Education:	NONE
Discipline:	Health or PE or Kinesiology or Coaching